IN THE CLAIMS:

1. **(Currently Amended)** An actuator comprising a ~~helical spring having a plurality of windings around~~ spindle, a worm wheel connected to the spindle by a spline, a plastic cylindrical element which is rotatable at least during reversed movement, ~~said~~ a helical spring ~~being tightened~~ having a plurality of windings around the plastic cylindrical element for tightening around the cylindrical element during reversed movement, and a metal insert inside the cylindrical element for carrying off frictional heat generated during the reversed movement, the metal insert being connected to cooling faces of metal and the spline being formed in the insert so that there is direct contact between the insert and the spindle.

2-3. **(Cancel)**

4. **(Previously Presented)** An actuator according to claim 1, including a collar in intimate contact with an outer side of the spring for carrying off heat, said collar being made of a more heat-conducting material than the spring.

5. **(Previously Presented)** An actuator according to claim 4, wherein the collar essentially covers the entire outer side of the spring.

6. **(Previously Presented)** An actuator according to claim 5, wherein the collar is connected with metallic cooling faces.

7. **(Canceled)**

8. (New) An actuator comprising a helical spring having a plurality of windings around a plastic cylindrical element which is rotatable at least during reversed movement, said helical spring being tightened around the cylindrical element during reversed movement, a metal insert inside the cylindrical element for carrying off frictional heat generated during the reversed movement, and a collar in intimate contact with an outer side of the spring for carrying off heat, said collar being made of a more heat-conducting material than the spring.

9. (New) An actuator according to claim 8, wherein the collar essentially covers the entire outer side of the spring.